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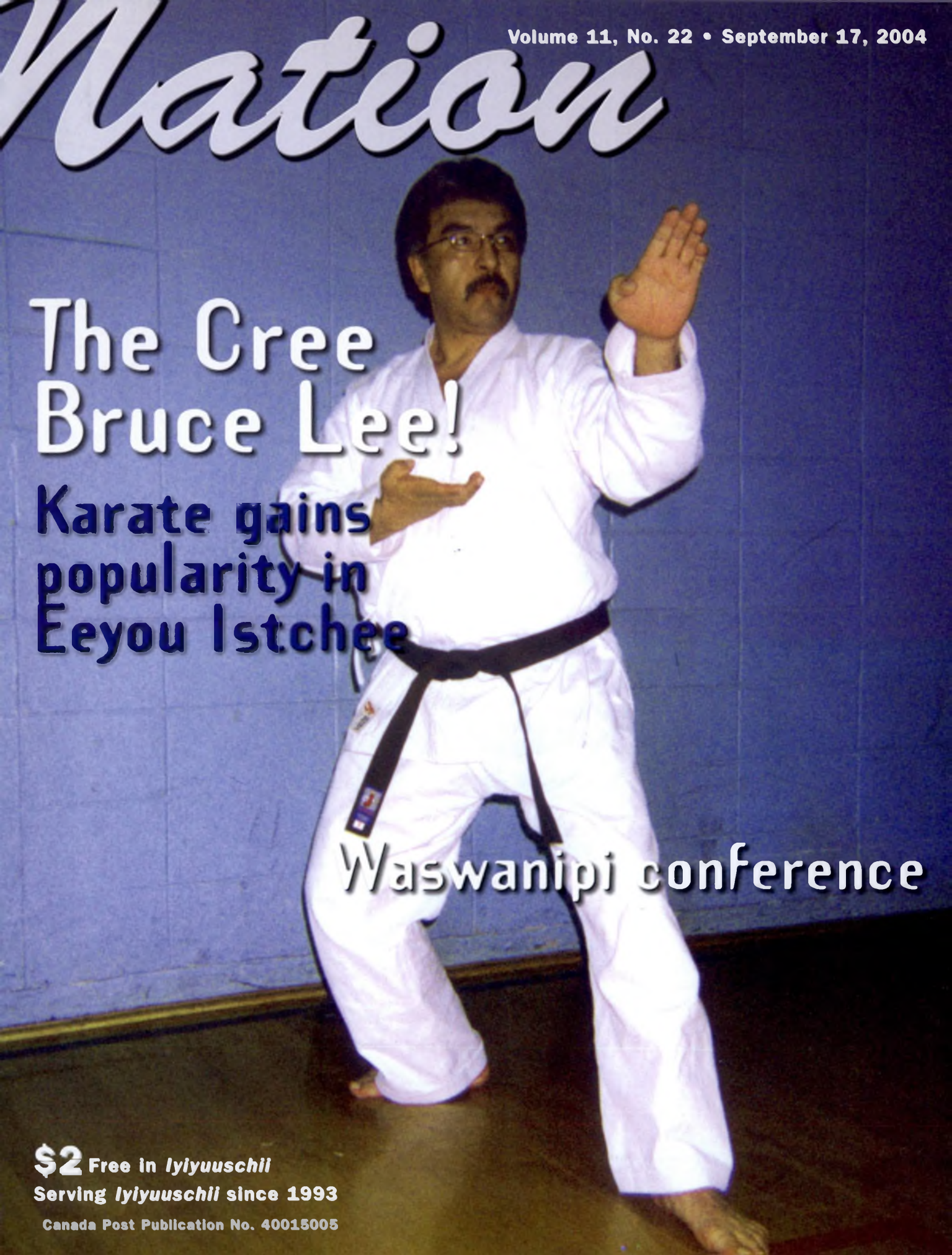

The Cree Bruce Lee!

Karate gains popularity in Eeyou Istchee

Waswanipi conference

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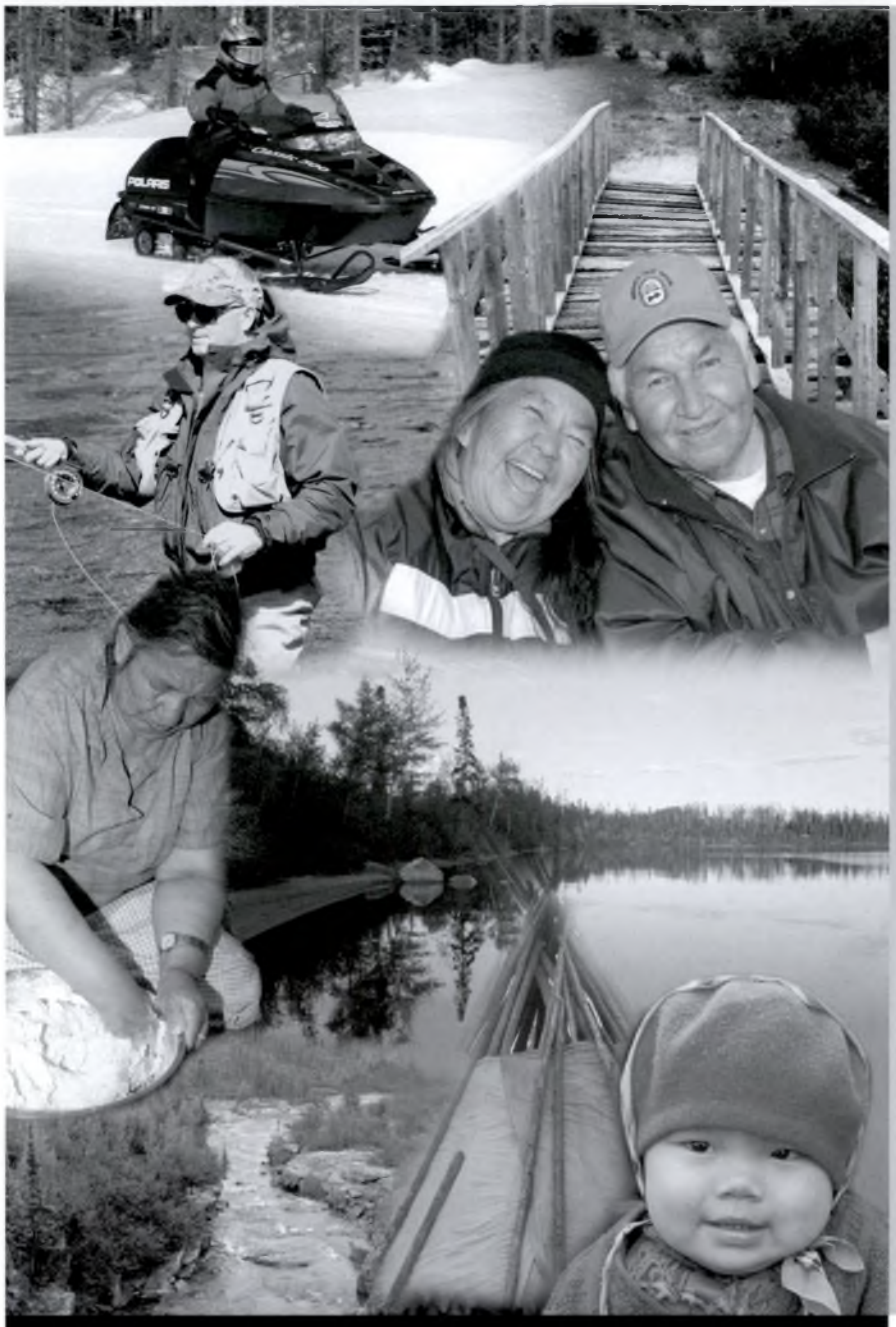

Eeyou Istchee

Your Partner for Tourism in

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Annual Tourism Conference & Members Meeting

The Cree Outfitting & Tourism Association (COTA) invites you to attend this year's Annual Tourism Conference & Members Meeting. Come and join us for this event in Oujé-Bougoumou from October 19 to 21, 2004.

In addition to the Members Meeting, you can take part in interesting and highly relevant tourism workshops. The workshops include sessions on Risk Management, Promotion, Aboriginal Tourism, Quality Standards, and Outfitting designed to help your business grow and prosper.

For registration forms, call COTA at 1-888-268-2682.

CREE OUTFITTING AND TOURISM ASSOCIATION

COTA

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ASSOCIATION CRIE DE POURVOIRIE ET DE TOURISME

The Heat Is On

Will Nicholls

I sit here at my desk sucking on the last Popsicle of summer. It's coming to an end, the summer that is. The office is hot and was hot for most of the summer. Our lonely air conditioner whirring ineffectively promises but fails to deliver refreshing coolness. We all know it's lying to us but are somehow comforted in the knowledge it might be worse without it. Doors open and close, letting in more heat. We actually have more than one air conditioner but can't use the others because they keep blowing the fuse box. I'm sure a lot of you know the sounds (not just of desperation) that people make when the electricity goes down and computers crash. God probably gets a lot of temporary converts and lost sheep returning to the fold at these times as people pray that Word or some equivalent automatically saved just before the screens went black.

The irony is that we can't actually use all the fans we have here in the office. That's because of the stacks of unsecured paper on each desk that go flying like confetti at a wedding, only without the kisses and smiling people. You're more likely to see tears (not of joy) as you try, and fail, to find all that necessary flying documentation.

In our business of print media, documentation is important. Hard copy is still preferred over electronic. It is only recently that a fax of your signature is considered to be legitimate. People can play with electronic forms of documents but hardcopy is recognized legally. Remember that when buying something you always get a receipt. In our office, hardcopy is our receipt of what's going on, what we call the "galley proof." A galley proof is a hardcopy that approximates what will be in the actual magazine. We need this because even though we proof things on the computer we always find mistakes in the hardcopy. The human eye is more comfortable with it. The tangible over the intangible as it were.

I know though we are going into the cool time soon. The frantic pace of the office will return as the heat of summer dissipates into fog, rain, frost and finally, six-foot snow drifts. We hope that latter don't arrive before the end of October, when our building management turns on the heat. We don't control the heat in our office, you see. It quickly shoots up and we look and feel like we are running a sweat shop. Some people here say that often enough even when it's quite cold, at any rate. So there is always someone looking longingly at the air conditioner, in whatever season.

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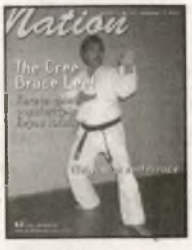
on the cover

Joseph Blacksmith
does *the cat stance*

Photo: Unknown
Design: M. Laviolette



rez notes

Righting wrongs

By Sonny Orr

Someone once told me that all I do is complain, complain and complain about every little thing. That I tend to point out all the things that are wrong or that will go wrong. However, it seems to me that things that look wrong or are wrong are quite obvious. Perhaps not so obvious to many people, but they are obvious to those who tend to look a little deeper and beyond the face value of the world as we see it.

Not that I want to get all fussed up and become the ultimate lecturer on the world around us, but I get frustrated when someone cannot see the obvious wrongs and mistakes that are resulting from those wrongs and make nothing of it. Is it wrong to sniff gas, blow your minds on solvents then eventually blow off life in general? Is it wrong to assume that those wrongs cannot be handled in a way that one or two right actions will make the world a better place to live in? Is it wrong to take action in the face of belligerence and ignorance and then stop when things look okay again?

Sometimes, all the wrongs and mistakes in the world is the world around us and it is all-consuming. It consumes the air that we breathe, the life that makes our world our world, the life that our children live in and eventually, it becomes the right and normal thing to expect when you wake up the next morning. It becomes a way of life and you expect to hear that someone died the last night from their own ignorance, that the store and business down the street got broken into twice the same night. It becomes normal to see our children and their children wander the streets all hours of the night in some sort of inebriated state. Sometimes I wonder if one morning I wake up and nothing has happened the night before whether this early morning peace would become the abnormal, once-in-a-blue-moon occasion. Now that scenario is scary, when all the wrongs and mistakes become normal and ordinary lifestyles become incredibly hard to believe.

This is reality, folks. We don't need Jerry Springer or any other scrap talk show host to ram this down our throats and permanently ingrain those dirty thoughts in our sub-consciousness; we just need to walk down the streets in our own home towns. The other day I heard from a colleague of mine, who is non-native, complain to me about why I had to take the afternoon off and delay sending him those figures for a project I was working on, and I explained to him that I had to attend a funeral, again, and that it was not just an excuse to blow off work. He was incredulous. "What again, that's the third time in as many months! When can I get my work plan done?" That was the million-dollar question and I didn't have my final answer.

Now, some strong and brave people are trying to answer that question with reform and action. They are taking their children and other children into their own arms and telling them that their future will look a lot better than it does today and not to worry, just go to bed early at night and live your life as any other normal child does, safe at home and snuggled in bed, ready to wake to a new world that doesn't have surly surprises or jaw-dropping stories that I dread to ever write about. These are ordinary people with extraordinary talent to love without fear, to cry in public with real (not crocodile) tears, to hug someone and tell them that life will get better, just you see.

I'm writing this because I am just an ordinary person who can see that the world around us can be made a better place to live and grow in, with a little help from our friends and family. Sleep tight...

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Archaeologist searches for Big River House

Hudson Bay Company post operated in early 1800s

By Norman Fireman

Photos by Brian Stewart and the Cultural department of Chisasibi

Christian Roy is looking for a house, but it's a house that no longer exists. Roy is a historical archaeologist who specializes in fur trade archaeology and he wants to find the site of Big River House, the trading post of the Hudson Bay Company that was built in front of old Fort George in 1803.

Roy recently finished a five-week excavation project on the north shore of Fort George Island where Crees and the fur traders would meet.

"The other part of the project was to locate and evaluate the site of the first Hudson Bay Company trading post which also was located on the north shore of the river," Roy said. This post used to be called the Big River House.

The Hudson Bay Company decided to settle there when they saw the Northwest Company establish operations at the site. The Northwest Company was only there for three years, departing in 1806, but Big River House remained in operation from 1803 to 1824, when Hudson Bay Company left the Chisasibi area. HBC would return in 1837 to settle at Fort George on the island.

Big River House was their first trading house on the La Grande River. The site was located in the 1970s by Jim Chism, who was surveying there, Roy said.

"The site they found was probably from the early 1900s," he said. "Most of the time they were devoted to work on the Big River House." Roy and his team found large depressions suggesting cellars that were probably used to store food and other goods.

In all they excavated about 40 square metres. There were six or seven buildings that were erected in Big River House during the 21 years it was occupied. Roy said they found the master's house, which was paved with stones.

"We also identified a blacksmith shop near there and we found all kinds of artifacts," he noted, saying about two boxes of artifacts that will be sent back to the Chisasibi cultural department. "Some of them are very interesting and can be used as exhibitions or for educational purposes."

According to the contract Roy had with the C.R.A., he was asked to evaluate a 1,500 square-metre site. "We didn't fully excavate the sites," he said. "We believe we left 50 to 60 per cent for the next generation; they will have better technology to do it 50 years from now."

Roy added that the cultural department of Chisasibi wishes to continue the excavation. "I will pursue opportunities for the excavation to continue," he said. "Maybe this could happen in two years or so. The site has a lot of potential."

Bobby Pash and crew working on a archaeological pit

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Cree School Board
Commission scolaire Crie
The Cree School Board would like to wish all the new and returning students throughout the Cree Nation the best of luck during the 2004-2005 school year.

A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ◆◆◆

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The Cree Board of Health & Social Services of James Bay

Physical Activity

Good habits are associated with good health. Establishing healthy habits will contribute to prolonging your life span in general, as well as help in improving your quality of life. In doing so, it is important to balance everything in our life, emotionally, mentally, spiritually and physically.

Hence, being active is also part of health living. It is usually recommended that we exercise moderately at least 30 minutes a day; this can mean taking a walk with the dog, playing outside with your children or working around the house. It does not inevitably mean going to the gym or attending aerobic class. The important thing is to do something fun that you feel like doing every day.

These not only keep us healthy as well as provide a healthy weight, but it also helps relieve the stress that we all accumulate in our daily lives. When we develop a healthy way of life, our appearances reflect how good we feel about ourselves. We can become proud of who we are, not only as individuals but also as a nation. This image will also be projected to your children, as enjoying good life habits makes us good role models for our children.

Lets start focusing on providing good habits for our children, by including physical activity part of our daily lives.

Together, we can make a difference in the lives of all our relatives within the Cree nation.

"Lets us build a strong and healthy Cree Nation! Make physical activity a part of your daily life!"

"Striving to maintain and promote the health of our people"
Miyupimaatisiwin aa uhchi pimipiyihtaakinuwich utih iiyiyuu aschiihch

Direction de santé publique des Terres cries de la Baie James
Public Health Department of the Cree Territory of James Bay
Tel: 819.855.9017 • Fax: 855.9031 • bblacksmith@ssss.gouv.qc.ca

Rupert re-elected in Chisasibi

The people of Chisasibi have spoken.

The Chisasibi band council elections were held August 12 to determine who would lead the community for the next three years.

Abraham Rupert ran uncontested and was acclaimed as Chief after all the other candidates dropped out of the race. This marks Rupert's second consecutive three-year term.

Below is the list of elected councillors:

Violet Pachanos	616
Roderick Pachanos	558
Margaret Fireman	538
Janie Moar	529
Steven Bearskin	510
Bobby Neacappo	507
John E. Sam	503
William Ratt	455
Charles Bobbish	395
Annie Bobbish	383
Reginald Sam	375
Mabel Herodier	372

Total Number of Ballots Available:	1000
Total Ballots Cast	967
Total Ballots Spoiled	12
Total Ballots Unused	21

New Cree lexicon published

The Cree School Board announced recently that the new editions of the northern and southern Cree lexicon are now available.

The lexicon will help ensure the survival of the Cree language for many years to come. "It will undoubtedly be an integral part in the preservation and retention of the Cree language and will be an invaluable help to the teachers and students of our schools," said Gordon Blackned, Director General of the Cree School Board.

"This publication was made possible by the commitment and dedication of many people and it will be a reminder for our Nation to participate in encouraging the continued use of our language, therefore ensuring its survival and providing a strong identity for our people," he said.

The Cree School Board sponsored the project in collaboration with Marie Odile-Junker, a linguist at Carleton University in Ottawa.

The books will be used in schools across Eeyou Istchee starting this fall. The lexicon can also be bought for $75 in Chisasibi at the Cree School Board.

There are plans to make the lexicon available to other communities and online in the coming months.

Walking out of Abigail and Haleigh

Car accident claims 2 lives

Two people died in a tragic accident that occurred on route 109 north of Amos on Labour Day weekend.

Hugues Beaulieu, SQ spokesperson for the Amos region, said that the driver lost control of the vehicle while heading north and flipped over.

"The driver was believed to have been speeding," Beaulieu said. "An investigation is currently underway to determine how fast they were going. No one was wearing their seatbelt and that contributed to the death and injuries of the people in the car."

No other vehicle was involved in the incident, which took place Sunday, September 5 at 3 pm. Beaulieu said that alcohol was not a factor.

Edward Gilpin, Audrey Gilpin, Norman Voyageur and two-year-old Franklin Gilpin survived the crash. Minnie Gilpin Sr., 53 and Florianne Gilpin, 19, died at the scene.

Cree Nation of Mistissini

On behalf of Chief, Council and Community, we wish all students success for this upcoming school year.

HAVE A GOOD YEAR!

COMMISSION SCOLAIRE HARRICANA

CENTRE DE FORMATION HARRICANA

Le Centre de formation Harricana offre le programme de fabrication mécanique.

Un esprit innovateur trouvera les formations de ce secteur très stimulantes. Ce domaine d'activité permet de travailler avec les technologies les plus récentes. Les formations de ce secteur ouvrent des portes vers plusieurs emplois remplis de défis, notamment dans les domaines miniers et ceux de l'aéronautique.

The Centre de formation Harricana offers the Mechanical Manufacturing Program of Study.

An innovative spirit will find the training offered in this industry very stimulating. This field of activity makes it possible to work with state of the art technologies. The training in this line of business opens doors to several challenging careers, particularly in the mining and aeronautic industries.

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For more information, consult our Web Site at: http://cfh.csharricana.qc.ca or call (819) 732-3223.

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SECRETARIAT TO THE CREE NATION - ABITIBI-TEMISCAMINGUE ECONOMIC ALLIANCE

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Initiating actions and activities to build links with the business circles of Abitibi-Témiscamingue and the Cree Communities

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Pierre Ouellet, Coordinator

Carmella Côté, Development Agent

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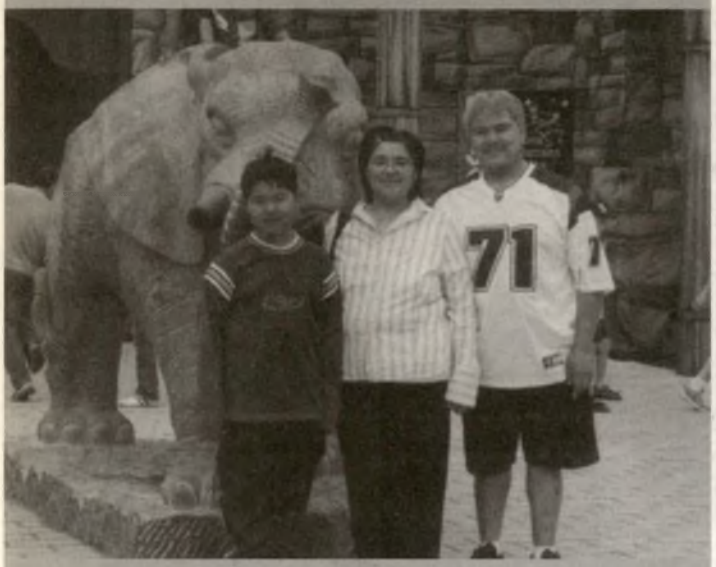
Post Secondary Student Services

The team of Post Secondary Student Services would like to wish all new and returning students the best of success in their studies for the 2004 - 2005 academic year.

The future belongs to you!

ONE LAST LOOK,

MARIA, REGGIE, REGGIE JR., JULIA & TREVOR SCIPIO FROM CHISASIBI.



Thanks to all the smiling families who came to visit the Nation Magazine offices for Park Safari tickets.
A GREAT SEASON ONCE AGAIN!

EASTMAIN
FIRST NATION
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J0M 1W0

The Eastmain First Nation extends Best Wishes to all new and returning students in the Cree community

Good Luck Students

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Beef, Macaroni and Cheese Casserole

1 1/2 tsp	vegetable oil	7 ml
2 tsp	crushed garlic	10 ml
1/2 cup	chopped onion	125 ml
12 oz	lean ground beef	375 g
1	can crushed tomatoes	19 oz/540 ml
1 tsp	dried basil	5 ml
1 tsp	dried oregano	5 ml
1 cup	macaroni	250 ml
2 tbsp	grated light Parmesan cheese	25 ml

1. In a large skillet heat the vegetable oil; then fry the garlic and onion for 3 minutes. Add beef and fry until browned, stirring frequently to break up the meat.
2. Add your tomatoes, oregano and basil. Cover and cook for 15 minutes, stirring often.
3. At the same time, cook your macaroni until tender, but firm. Drain and leave the pasta in a serving bowl. Add tomato sauce and toss the macaroni, then sprinkle with light Parmesan cheese. Makes 4 servings.

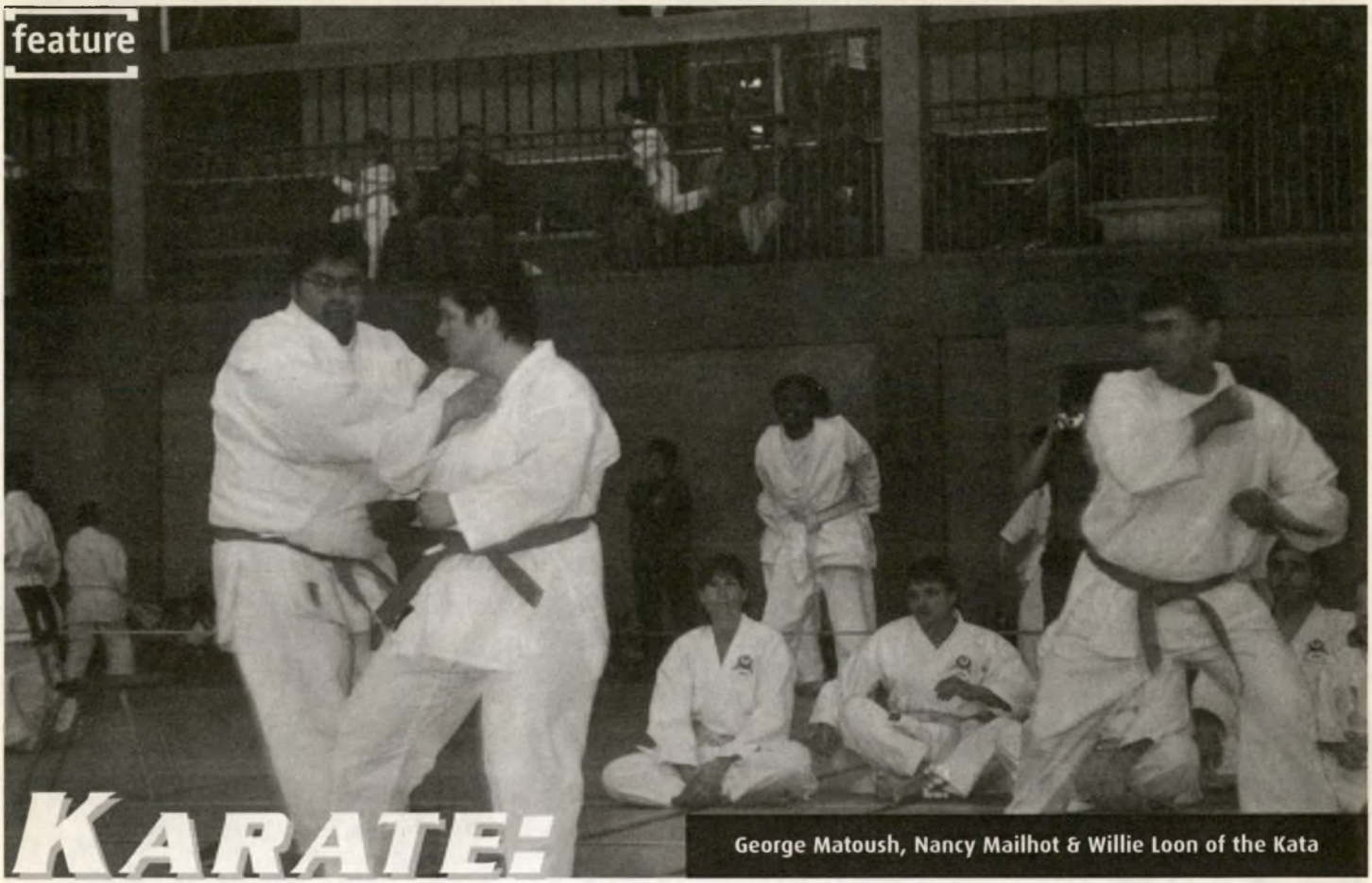
TIPS:

- Ground beef can be substituted with ground chicken, veal, moose, caribou or deer.
- A good source of iron and zinc, this casserole can be prepared and refrigerated up to a day in advance. Simply reheat and serve.

NUTRIENT ANALYSIS PER SERVING:

Calories: 35, Carbohydrates: 32 g, Fibre: 3 g
Protein: 22 g, Fat, total: 16 g, Fat, saturated: 6 g
Sodium: 436 mg, Cholesterol: 50 mg

Northern



George Matoush, Nancy Mailhot & Willie Loon of the Kata

KARATE: A PERSONAL EXPERIENCE

BY JOSEPH BLACKSMITH

My interest in martial arts began when I saw the movie *Return of the Dragon*, starring Bruce Lee. I was captivated by his fighting style and his skill and tenacity. Nearly 30 years have passed since Bruce Lee made his final bow, but the interest in martial arts he instilled in me has never left my heart.

I am 45 years old and I have been taking karate for three years with the Shotokan karate club in Chibougamau. I first began taking lessons from one of the teachers here in Mistissini who taught the Shito-Ryu style, which I really enjoyed. When I began training, I got a lot of negative remarks from some people concerning karate and my age. I was constantly told that I was too old to practice martial arts.

I made up my mind that I would pursue this martial arts journey for me and for my health, regardless of criticism. I have lost a lot of weight since and I feel much better about myself, physically and mentally. And what's more encouraging is that three members of my family and about 10 other members from Mistissini have also joined to take part in this journey.

When some of my friends and I decided to check out this other Dojo in Chibougamau, we were very impressed by the class atmosphere of respect, the expertise and the professionalism of Sensei Claude Bédard and his team of Black Belts. We saw some people who were older, still strong and coming out of the Dojo with a smile even after a hard and good workout.

Willie Loon and George Matoush of the Kata

Honestly, I believe karate is the best activity a person can do at any age. It is truly the best thing people can do for themselves to improve their physical and mental well-being. Karate should be a way of life that helps make one stronger, humble and more confident because I believe karate develops you more.

Physically, one gets a complete body work out because you use all your muscles through a full range of motions. Also, one develops flexibility that, as one gets older, helps prevent injury, increases energy, improves balance and coordination and most of all, it provides cardiovascular benefits.

I hope to continue on this journey for as long as I can, and I wish to encourage those that are already on this road to continue. Be confident, believe in yourself and your ability to succeed, because we are bound only by the limitations we place upon ourselves. And I greatly encourage others to participate in this journey. Also, I wish to thank my wife, family and friends for their continuous support. And a big thanks to the instructors who continually give their selves unselfishly.

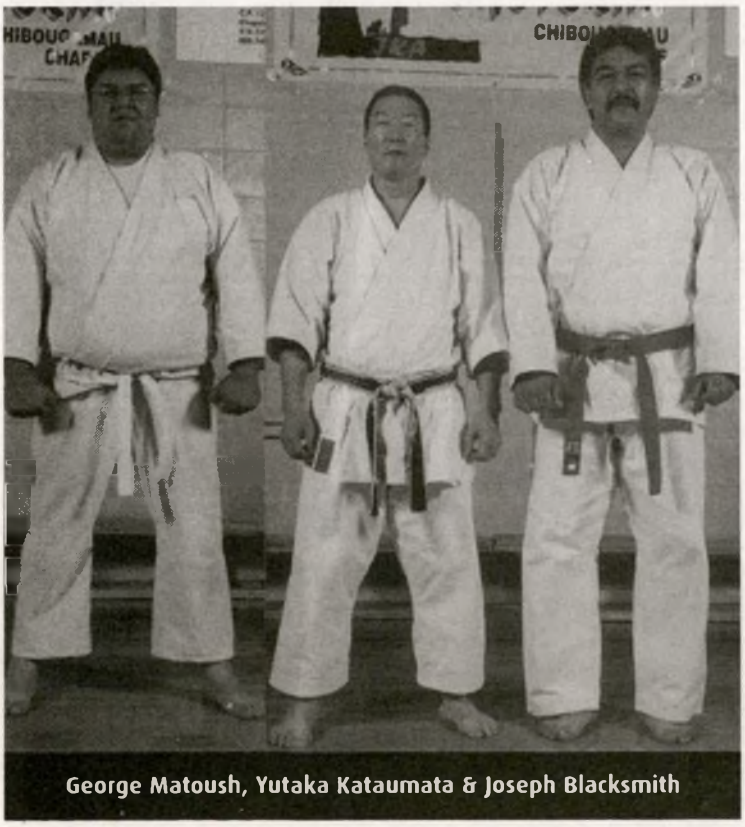
Tonia Hughboy

Karate for everyone

Claude Bédard, 4th Dan, Chief Instructor at the Chibougamau Shotokan karate club.

For the past three years, I've witnessed a growing interest in karate from the Native communities near Chibougamau (Mistissini and Oujé-Bougoumou). We now have more than 25 native members aged 6 to 50 training two or three times a week, and as many women as men.

At first, in the fall of 2000, three people from Mistissini joined our club: Joseph Blacksmith, James Wapachee and Pierre Shecapio. I was surprised that they would travel a 134 kilometre round trip for each training session. I soon realized they would go far in karate with the assiduity and the effort they were putting into it.



George Matoush, Yutaka Kataumata & Joseph Blacksmith

They also seemed to enjoy the classes. I was right: they now have reached advanced levels. Joseph got his brown belt (just two steps before the black) and James got his purple belt (just a step before brown). Unfortunately, Pierre had to stop temporarily for health reasons.

Another example comes from Oujé-Bougoumou: karate is very present in the Hughboy family as their four children practice karate. Tonia, the oldest, has been doing karate for three years and reached the level of junior brown belt a year ago. Her mother, Cynthia Wapachee, says Tonia loves karate. She practices at home and will probably obtain her black

Appel de candidatures

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Ministère de la Culture et des Communications

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Développement culturel

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Ministère de la Culture et des Communications
Cet appel de candidatures vise à pourvoir à d'éventuels emplois réguliers et occasionnels au ministère de la Culture et des Communications et à des emplois semblables dans divers ministères ou organismes dans les régions administratives de l'Abitibi-Témiscamingue, du Saguenay-Lac-Saint-Jean, du Nord-du-Québec, de la Côte-Nord, de l'Outaouais, de la Mauricie, du Centre-du-Québec, du Bas-Saint-Laurent et de la Gaspésie-Îles-de-la-Madeleine.

Mission
Le ministère de la Culture et des Communications a pour mission de favoriser au Québec l'affirmation, l'expression et la démocratisation de la culture ainsi que le développement des communications et de contribuer à leur rayonnement à l'étranger. Les champs de compétence du ministère sont la muséologie, le patrimoine, les arts, les lettres, les bibliothèques et les médias.

Attributions
La personne titulaire pourrait avoir à accomplir des tâches telles que : voir au développement culturel d'une région en suscitant ou en renforçant les partenariats avec les municipalités locales et régionales, le monde scolaire, le secteur privé ainsi que les instances régionales de concertation, les ministères et organismes gouvernementaux ; voir à la négociation d'ententes, au suivi de celles-ci et au soutien des politiques culturelles municipales ; effectuer la gestion de programmes ministériels notamment en matière d'équipements culturels et de patrimoine et dans les autres champs de compétence du ministère ; développer, mettre à jour et fournir aux clientèles l'expertise nécessaire dans la réalisation de leurs projets ; assurer la réalisation d'activités de planification et de programmation ; analyser des rapports de recherche et financiers ainsi que formuler les avis et les recommandations jugés nécessaires.

Conditions d'admission
Être titulaire d'un diplôme universitaire de premier cycle dont l'obtention requiert un minimum de seize années d'études dans l'une des disciplines suivantes : animation et recherche culturelles, architecture, communication, développement local et régional, géographie, histoire, histoire de l'art, archéologie, récréologie, urbanisme, science politique, sociologie ou dans toute autre discipline jugée pertinente aux attributions de l'emploi ET posséder deux années d'expérience de niveau professionnel dans l'organisation et le suivi de projets de développement ayant nécessité de la concertation et du partenariat.

Chaque année de scolarité pertinente manquante peut être compensée par deux années d'expérience pertinente. Chaque année d'expérience pertinente manquante peut être compensée par une tranche d'études de 30 crédits de niveau supérieur à un diplôme universitaire de premier cycle si cette scolarité est jugée pertinente à l'expérience exigée.

Avoir sa résidence principale dans l'une des régions administratives correspondant à l'appel de candidatures.
Toutefois, cette condition ne s'applique pas aux membres des communautés culturelles ni aux personnes handicapées.

Pour occuper un emploi dans la fonction publique, il faut posséder la citoyenneté canadienne ou le statut de résident permanent. De plus, il faut avoir une connaissance du français appropriée aux fonctions.

Période d'inscription
Du 13 au 24 septembre 2004

Inscription
Remplir le formulaire Offre de service, en indiquant le numéro **105G-0103023** à la rubrique Numéro du concours ou de la réserve, et le transmettre à M. Daniel Richard, Direction du personnel, ministère de la Culture et des Communications, 225, Grande Allée Est, bloc C, 1er étage, Québec (Québec) G1R 5G5.

Pour être acceptées, les candidatures doivent parvenir à l'adresse indiquée au plus tard le 24 septembre 2004.

Information
M. Daniel Richard, (418) 380-2329, poste 7181
Mme Annie Gagnon, (418) 380-2329, poste 7170
Télécopieur : (418) 380-2332

Un dossier complet comprend :
- le formulaire Offre de service dûment rempli, y compris :
  - l'inscription du numéro de concours ;
  - sa signature aux endroits prévus ;
  - son numéro d'assurance sociale ;
  - la nature, les mois de début et de fin de chacun des emplois occupés et le nombre d'heures travaillées par semaine pour un emploi à temps partiel ;
  - une copie de tous les diplômes ou, le cas échéant, des relevés de notes ou de l'évaluation comparative des études faites à l'extérieur du Québec.

Note
Le formulaire Offre de service est disponible dans les bureaux régionaux du Secrétariat du Conseil du trésor et dans son site Internet [www.tresor.gouv.qc.ca], dans les bureaux de Communication-Québec et dans les centres locaux d'emploi. Il est également disponible dans les directions des ressources humaines des ministères et des organismes gouvernementaux.

Québec

POUR L'ÉQUITÉ EN EMPLOI

RENSEIGNEMENTS IMPORTANTS : Il peut exister d'autres conditions permettant l'admission aux concours ou aux réserves de candidatures, telle la compensation de la scolarité par de l'expérience. Lorsque aucune expérience n'est exigée, les personnes en voie de terminer la dernière année de scolarité requise peuvent être admises. Les personnes handicapées et les membres des communautés culturelles peuvent poser leur candidature même s'ils ne résident pas dans la zone géographique mentionnée dans les conditions d'admission. Pour occuper un emploi dans la fonction publique, il faut une connaissance du français appropriée aux fonctions. Les personnes ayant le statut de résident permanent sont admissibles, sauf s'il est mentionné qu'elles doivent avoir le statut de citoyen canadien. L'inscription se fait avec le formulaire Offre de service, disponible dans les bureaux régionaux et le site Internet du Secrétariat du Conseil du trésor, les directions des ressources humaines des ministères et organismes, les bureaux de Communication-Québec, les centres locaux d'emploi, les carrefours jeunesse-emploi et auprès d'organismes représentant les groupes visés par les mesures d'accès à l'égalité. Pour être acceptées, les candidatures doivent être reçues à l'adresse mentionnée avant la fin de la période d'inscription.

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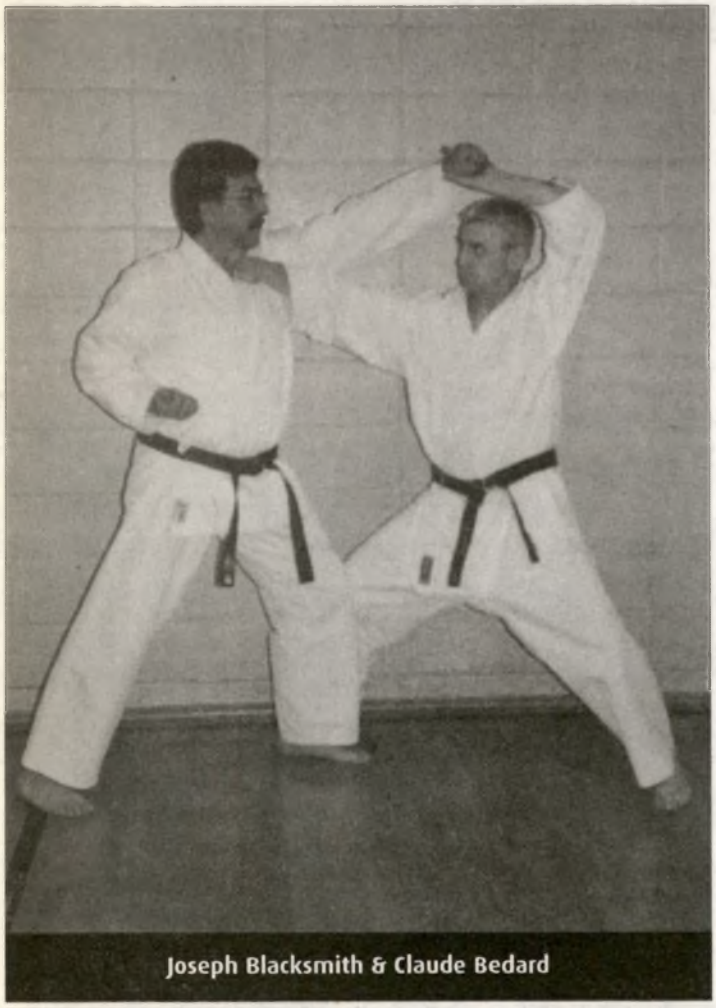
belt before she turns 16.

With time, the interest shared by these Crees spread to others in their community and since then, each year, more Natives join our karate club. I am very proud of them, because those karatekas have a healthy way of life, free of alcohol and tobacco and are very conscious of their health and well being. They are a great example for all of us. I am pleased to see that with all our karate members (130 in all) there is harmony and great respect between natives and non-natives in the club.

The native members have participated in many training camps with the great Japanese masters, in Chibougamau, Montreal and Hull. They also did very well in competition in Chibougamau, Lac St-Jean and Val d'Or. Joseph Blacksmith obtained his brown belt in a three-day winter camp in Montreal this past February. It is the first time a Native adult reached that level in the Chibougamau area. I am sure he will soon obtain his black belt. I also believe he has the talent and the competence to one day open a karate school in Mistissini. He will have my complete collaboration and surely also the help from James Wapachee, Willy Loon and George Matoush, three members very active in our karate club.

Congratulations to all and long live the martial arts!



Joseph Blacksmith & Claude Bedard

FOYER POUR FEMMES AUTOCHTONES DE MONTRÉAL

NATIVE WOMEN'S SHELTER OF MONTREAL

New Executive Director and Board of Directors

Montreal- August 27, 2004

The Native Women's Shelter of Montreal would like to announce the new chosen Executive Director, Nakuset. Nakuset has a Bachelors of Arts from department of Applied Human Sciences from Concordia University. She has 5 years experience working at the shelter. Her work experience includes, counselor, conference coordinator, outreach worker, liaison worker, Program coordinator and Interim Executive Director.

On August 3, the Annual General Meeting was held. A new board of Director was nominated. The Board of Directors are

President	Ida LaBillois-Montour
Vice President	Patricia Sky Bellefleur
Treasurer	Celeste Hayward
Secretary	Alana-Dawn Phillips
Board member	Sonia Mitchell
Board member	Francine Chapman
Board member	Dana-Marie Williams
Board member	Tiffany Wahsoutiiostha Deer
Board member	Lorraine Spencer

We look forward to a year of successful collaboration between the Board of Directors, staff, community and funding agencies in order to ensure that all the Aboriginal women and children receive the best quality of services.

Nakuset
Executive Director
Native Women's Shelter
(514) 933-4688
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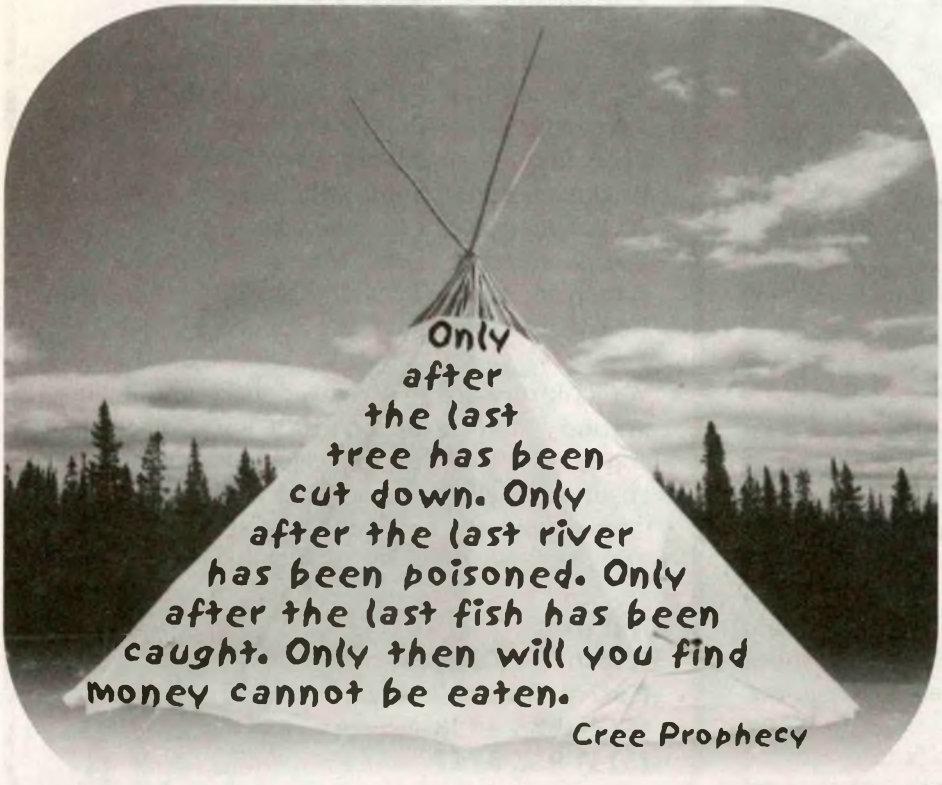
The Future of Eeyou Istchee...

A photo essay of Quebec Cree youth

by Danielle Valade


Only after the last tree has been cut down. Only after the last river has been poisoned. Only after the last fish has been caught. Only then will you find money cannot be eaten.
Cree Prophecy

"Destiny begins in childhood."
Eva Bunnell,
National Call to Action

"You have been given four things: Wisdom, Knowledge, Power, and Gift. These things that I am telling you may take years to digest in your minds before they begin to make sense. You must honor these four blessings by having good thoughts, good words, showing kindness to others. When you do this, you will begin to understand what I am talking about."

Wallace Black Elk,
Sicangu Lakota Spiritual Elder

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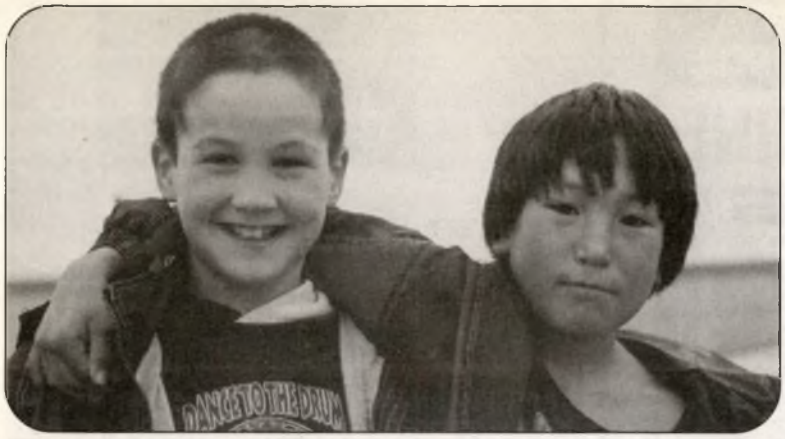

"There are many things that block us from wisdom such as selfishness, secrets, hate, anger, jealousy and judgments. Another thing that can block us from wisdom is trying too hard or wishing something would happen. Wishing implies doubt and trying implies control. We need to let go of these things. We need to abandon ourselves to the Creator. As soon as we surrender everything, the wisdom starts to flow... The Elders know how to help you with this. Just ask them"

From "Cree Elder Vision"

"Realize that we as human beings have been put on this earth for only a short time and that we must use this time to gain wisdom, knowledge, respect and the understanding for all human beings since we are all relatives."

From "Cree Elder Vision"

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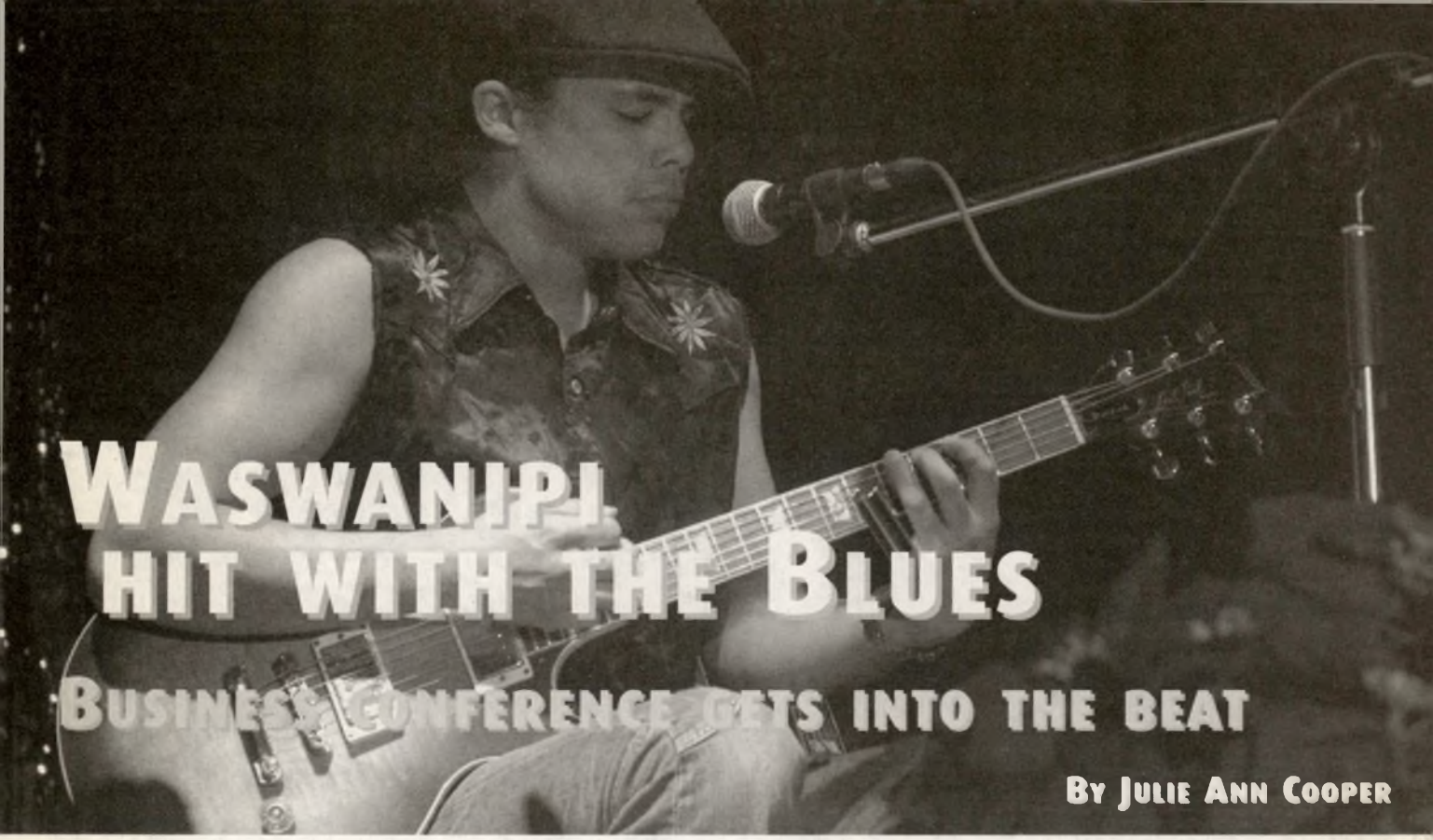

Waswanipi hit with the Blues

Business Conference gets into the beat

By Julie Ann Cooper

If you love the blues, then you would have loved to hear George Leach play his guitar. The Waswanipi Youth Centre was filled with locals and out-of-towners to see this marvelous man play his many guitars August 12. The night was embellished with awesome talents, powerful speeches and incredible Traditional Gourmet Cuisine. If you were at home, you missed a high-calibre performance by George and partner Doug Smith, which delivered the audience of about 150 people a musical show that was filled with heart-spirited, power-filled, rock-jammin tunes. The Waswanipi 5th Annual Business Development Conference's GALA was a true success.

My encounter with George began very early in the day on August 12. He is truly a wonderful person at heart, charming, respectable, and kind to say the least. I discovered that George Leach was a Lillooet native from Sta'atl'imx Nation in British Columbia. He has been playing music for eight years professionally. He is a father to six-year-old daughter Semiah, and wrote a song named after her, and writes and produces all of his songs.

His debut album, released in 2000, was entitled *Just where I'm at*. It won him "Best Male Artist of the Year" and "Best Rock Album" at the Canadian Aboriginal Music Awards. He was also nominated for "Best Song Writer". Leach has performed on APTN's Main Stage, in New York, Calgary, Montreal, and Ottawa and recently at the Festival INNU Niramu 2004 prior to Waswanipi. Leach captured the people with songs such as "Indian Blues", "Semiah", "Indian Time" and "Crossroads". He moved the audience from a rocking plateau to a slow melody with ease. Leach could not fully explain his passion for the music to me.

George has won a leading role in a Steven Spielberg movie. He will be playing a medicine man and he also will need to learn the Lakota language for the role. He was talking the language to practice playing the role. We wish him success on his new movie.

The company and food was good

In the limited time, we, the conference committee and volunteers spent with George, we found out more about him, as one of my volunteers would put it, "mey-atak-shu" meaning, "he's nice a guy" in the Cree language.

The Waswanipi

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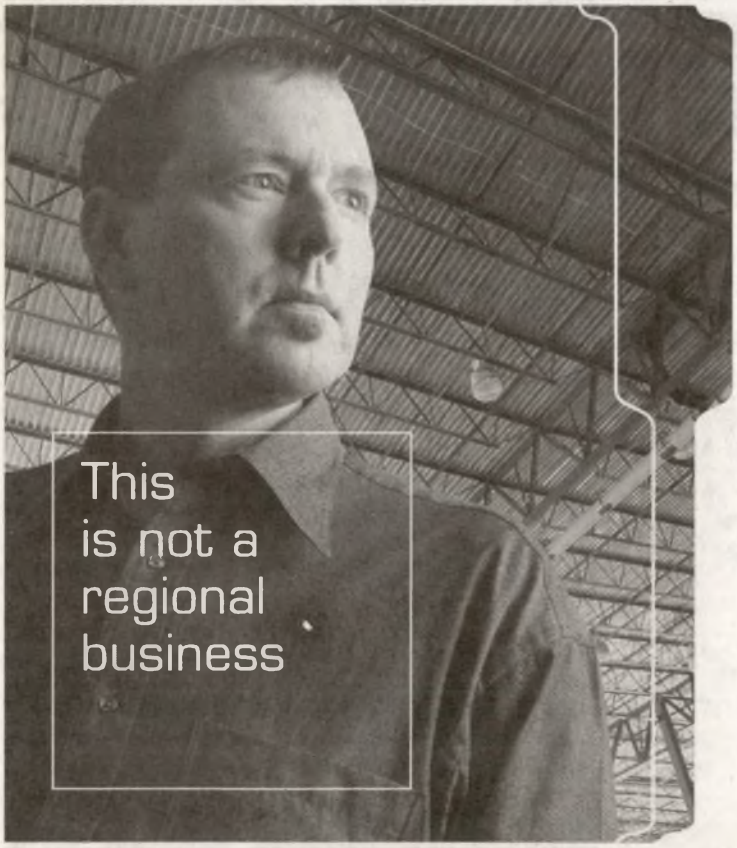

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George Leach signs for a fan

5th Annual Business Development Conference hosted its last night as a formal and prestigious night for local entrepreneurs and is considered to be our most popular event. The night began with performances from Angelina and Joylene Brien, sisters from the community of Mistissini. They wowed the audience with their vocal talents. Joylene, only 5 years old, and Angelina nearly 18, sang a duet from Celine Dion's "I'm Alive". Although, she is only five, she certainly touched the audience with her spirited enthusiasm. Great performance from Joylene and Angelina!! They were definitely a sweet treat.

Keynote speaker Tulshi Sen spoke on "Globalization and its Emotional and Economic Effects on First Nations Entrepreneurs in the Field of Tourism." He took the crowd on a journey from one end of the world to Waswanipi, talking about how Waswanipi and its rich culture can be shared with the world.

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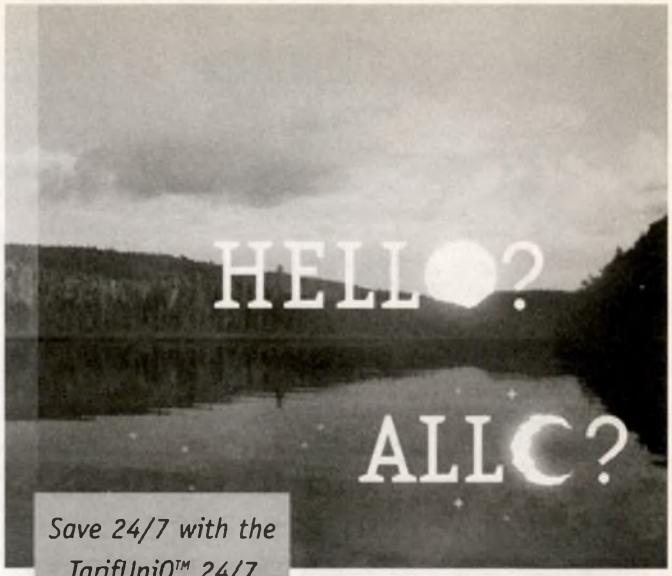
The Waswanipi Development Corporation held the Waswanipi 3rd Business Achievement Awards. Our Honorary Entrepreneur was once again "Waswanipi Grocery Reg'd – Emily Gull" and Entrepreneur of the Year "Karen's Depanneur – Annette & Henry Gull".

I would like to thank our sponsors for their financial contributions: Waswanipi Youth Council, Cree Outfitting & Tourism Association, Eenou Drilling Inc and Hydro Quebec. Also to all the organizations and businesses that purchased tables at the gala, thanks to: **The Cree First Nation of Waswanipi, Waswanipi Mishtuk Corporation, Jamie's Mobile Music, Karen's Depanneur, Cree Trappers Association, Welfare Department, Waswanipi Youth Council, Waswanipi Cree Model Forest, Eenou Drilling, Eeyou Economic Group, and River's Restaurant.** Also a big thank you for your hard work going out to **Albert Ottereyes, for winning "Most Motivated Conference Volunteer"**

Until next year, Semandoo Jaswaymuk – God Bless You.

Organizers & workshop speakers

Fans gathered after George Leach's show



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101 – BIRTHDAYS

On September 8, 2004 Our boy will be celebrating his 4th Birthday "Ethan-Robert, Charlie, George Dixon". Son I hope you know that you are very loved, the day you came into out lives have been wonderful, you brought us so much LOVE, JOY and LAUGHTER and also good luck in your first year of school. With Love always: Mom, Dad and of course your baby brother Richard....Ojay

Guess who's celebrating his birthday on Sept 3 to our uncle Darnell. Hey, even though we have good and bad times we still think you're the best uncle in the world. Have fun on your Birthday. With love: your niece and nephews Kaitlynn, Leon & Dawson boy (Wask)

We would like to wish a Happy 1st Birthday to a sweet little girl. Chenille W/Chan on Sept. 10, Time flies so fast you're already turning 1. Have fun as you blow out your first candle. May the creator bless you with many more birthdays. Happy 1st Birthday with Love, Leonard, Cheryl, Kaitlynn, Leon & Dawxon (Wask)

Birthday wish going out to a very special Aunty Leona W/Chan on Sept.12. Hey girl, we miss you so much. We miss the times when you chase us around gougous house. We thank God for a special Aunt like you. Happy Birthday and we miss you. With Love, Your nephews Leon & Dawson (Wask)

Someone is celebrating her birthday on Sept 13 to our cousin Celicia Hester. I bet your going to do your dances on your birthday, we'll make sure you will have a blast on your special day, Don't forget to wish for something as you blow our your candles. Happy Birthday. With Love your cousins Kaitlynn, Leon & Dawson Clark

I would like to wish a Happy Birthday to my cousin and friend Shawna Lameboy on Sept 14. We may not seem to talk to each other to often cause of our busy schedule. I just wanted to wish you Happy Birthday and have fun on your day cause you deserve it. Love in friendship, Cheryl H. (Wask)

Happy 3rd Birthday to our adorable baby brother Dawson W/Chan on Sept 15. We thank God for a brother like you. When we have our ups and downs, always you put a smile on our faces. We love to watch you make your incredible hulk moves. We love you & God watch over you and bless you with many more birthdays. With Love: Kaitlynn & Leon (Wask)

We would like to wish a Happy 3rd Birthday to our "incredible hulk" son Dawson W/Chan on Sept 15. Since the day you were born, you brought so much love and happiness into our lives and home. You amaze us with everything you do and when you learn something new. We know you will get through the delays, cause you are a strong little boy. The creator will help you and our prayers. Dawson you are our baby boy and you mean the world to us. You brighten our days when we are sad by doing or saying something silly. We will always love you son. Have fun on your birthday. With love, Mom Cheryl & Dad Leonard (Wask)

Sending Birthday wishes to our uncle Darryl W/Chan on Sept 22. We Just wanted the Cree Nation to know that we have a great/ super/ terrific uncle. We have lots of fun when you pretend to fight us. We thank God everyday for you. Have fun celebrating your

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birthday. May God bless you with many more birthdays With Love, You're nephews Leon & Dawson (Wask)

Happy Birthday to you..... Happy Birthday to you.... Happy Birthday dear Donavan, on Sept 22. We didn't forget to wish you Happy birthday. Isn't it amazing your birthdays are on the same day with our uncle. Have fun on your birthday and enjoy it all you can. With Love, your cousins Leon & Dawson (Wask)

I would like to wish both my sisters a Happy belated birthday.Lorraine on July1st,2004. Better late then never....right? Happy Birthday sis and many many more to come. No words can explain how glad i am to be your sister. And to my other sis Bella on July 12,2004. I miss our talks and evrything...There's just so much.i can't name them all. I love you both so much and take care of yourselves. Hoping i'll see you girls on christmas.Love always your sis all the way from ottawa.xoxo P.S. call me sometime!!

103 – ANNIVERSARIES

We would like to wish a couple in Chisasibi will be having their 3ed wedding Anniversary on September 8, 2004. "Brandy & Rusty Bosum" and also my sister Annie & Mervin Louttit will be having their 1st Anniversary and many many more. From: Jenniferm Robert, Ethan-Robert and Richard Dixon, all from Ojay

I would like to wish a belated Happy Anniversary to my wonderful parents Jim & Mabel Heaster on August 29. Mom and Dad, you both taught me everything I know, to love and to respect. You've taught me how to raise my children, Even though I was a bad girl when I was young and now I've grown to a young woman and I realized that you cared for me so much. I also realized raising a family is not easy you both always wanted what's best for me. There were times when I made mistakes but you were always there to correct me. You've understood me and accepted my decisions in life. Mom, Dad, Thank you for accepting and showing your love & care to my husband and for allowing him to be part of our family and especially to my children. Even though I get confused at times when my daughter calls you both mom and dad for that I understand. I'm so Happy to have you both. For the love you've shared and the many ways you've cared. I want to thank you. I love and appreciate you for who you are. Happy 27th Anniversary. Keep falling in love everyday. May God Bless and watch over you both. With Love, your daughter Cheryl H. (Wask)

Wishing a Happy Belated Anniversary to our wonderful Grandparents Jim & Mabel on August 29. We just wanted to thank you for all the wonderful things you've done for us. For opening your refrigerator especially to me (Dawson). Moujou for your super flying high on me (Leon) and for emptying your pockets on me (Kaitlynn). You both are the best grandparents. We could never ask for better grandparents like you because God made wonderful Gougous and Moujous. We are so blessed to have you in our lives. We Love your sweet kisses Gougou and Moujou. Happy Anniversary and may the love you share grow stronger everyday. With Love: Your grandchildren Kaitlynn, Leon & Dawson.

I Would Like To Wish A Happy 15th Birthday To My One And Only Beautiful Sister Cheryl Chantal Amy Moar Who Will Be Celebrating Her Birthday On October 2, 2004. Hey Sis...No Party!...Ur Not Old Enough Yet!..j/k..lol. Hope Your Day Will Be Special As You Are...I Love You So Much Even Though I Call You A Spoiled Brat Sometimes..lol...Once Again Happy Birthday Brat And Many More To Come! From Ur Sis Crystal And xoxoxoxo From Ur B/f...lol P.S. Good Luck In School Gurl! And See You Soon!

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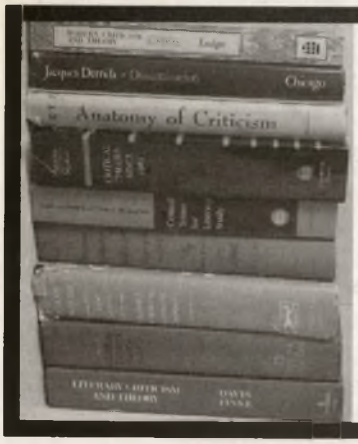
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